



STEPS UP-TO-DATE

A Michigan Steps Up Quarterly Publication

Winter/Spring 2006

Issue 2

WELCOME BACK!

Welcome to the second issue of Steps Up-to-Date, a Michigan Steps Up newsletter. This issue highlights statewide efforts to reduce obesity, promote healthy lifestyles, and prevent chronic disease in Michigan.

Overweight and obesity are linked to increased risk for over 30 preventable chronic diseases, including the leading causes of death in Michigan: heart disease, cancer and stroke. The cost of obesity among Michigan adults has been estimated at \$2.9 billion a year.

Michigan Governor Jennifer M. Granholm, Dr. Kimberly Dawn Wisdom, Michigan Surgeon General, and the Michigan Department of Community Health (MDCH), in cooperation with many partners, are taking major steps to combat obesity and diminish its enormous impact on our State by focusing on the root causes of obesity—factors that make it difficult for citizens to increase physical activity and improve food choices. Continue reading to learn about these efforts to create a Healthier Michigan.

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GOVERNOR GRANHOLM ENCOURAGES HEALTHY LIFESTYLES IN HER 2006 STATE OF THE STATE ADDRESS

The following is an excerpt from Michigan Governor Jennifer M. Granholm's 2006 State of the State Address: "Working Our Plan: Securing Our Future."

"...Quality, affordable health care requires a healthy initiative by citizens to make lifestyle changes.

We can decrease the rates of preventable disease, like diabetes, lung cancer, and heart disease, by changing our eating habits, giving up smoking habits and getting into the exercise habit.

In this year, we will continue to implement current strategies targeted at encouraging personal responsibility for healthy lifestyles



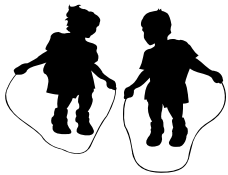
and outcomes for all Michigan citizens by incorporating and extending the principles supported by Michigan's Surgeon General in the Michigan Steps Up initiative. These principles include a focus on healthy behaviors

through better eating habits, getting regular exercise, and avoiding tobacco use.

Tonight I'm charging the Departments of Community Health, Labor and Economic Growth, and Education; the Surgeon General; and business leaders to lead our state in developing lasting, local public-private partnerships among schools, corporations, foundations, the faith-based community, public health, health care, and community organizations. These partnerships will help foster a culture of physical activity, prevention, and wellness in our communities, workplaces, and schools."

PROMOTING HEALTHY LIFESTYLES IN MICHIGAN

Through its **Cardiovascular Health, Nutrition and Physical Activity** and **Tobacco Prevention** programs, the Michigan Department of Community Health is working hard to make it easier for Michigan citizens to move more, eat better, not smoke and avoid secondhand smoke. These efforts include, but are not limited to:



- Increasing availability and consumption of fresh fruits and vegetables.
- Working with local communities to provide safe, convenient settings where residents can be physically active.
- Developing tools and collaborating with communities, schools and worksites to conduct policy and environmental assessments to identify barriers to healthy behavior.
- Collaborating with community agencies, faith-based organizations, and hair salons to implement healthy eating, physical activity and obesity prevention strategies tailored to the needs of African American, Latino and elderly populations.
- Working with primary care providers to implement clinical guidelines into their practice for management of adult and pediatric overweight/obesity.
- Working with communities to protect residents from secondhand smoke at their jobs and in other indoor public places.
- Promoting services to help special, high-risk populations to quit smoking.



Here's what's happening around Michigan as a result of these efforts:



- Businesses throughout the state are assessing their policies and environment, making changes such as offering healthier choices in vending machines, and providing incentives for employees to participate in wellness programs, allowing walking breaks, and more.
- Last year, 33 Michigan schools received grants to create a healthier school environment by forming Coordinated School Health Teams, completing an assessment tool, and making environmental and policy changes related to healthy eating and physical activity.
- Thirty-five communities received grants to develop local wellness coalitions, complete assessment tools from www.mihealthtools.org and make policy and environmental changes that support physical activity, healthy eating, and a tobacco-free lifestyle.
- Twenty-six Detroit area churches recently implemented healthy lifestyle programs, with fruit and vegetable sales after worship services, walking clubs and healthy food guidelines for church events.

WHAT'S NEW AT WWW.MICHIGANSTEPSUP.ORG?

More and more Michigan residents are stepping up to better health through the Michigan Steps Up website. In just one year since the website was launched, more than 12,700 individuals have created a personal plan, and more than 76,000 visits have been logged.

The Surgeon General encourages businesses, schools, churches, and other groups to incorporate the website into your healthy lifestyle promotion efforts. For example, challenge your employees to create a Personal Plan, complete a free and confidential Health Risk Assessment, set goals, record their weekly progress, and earn incentives for their participation. Schools can encourage families to explore the website together at home.

Watch for new resources for communities and faith-based organizations in the near future. Don't forget to take advantage of the great tools available on the website, including the Health Risk Assessment, ideas for staying active in any season, healthy recipes, tips for eating healthy when dining out, smoking cessation resources, and much more.





Move More: Spotlight on Active Children

MAKING THE WAY FOR CHILDREN TO WALK AND BIKE TO SCHOOL

Michigan's newly launched state *Safe Routes to School* program is the outcome of a collective vision and two-year pilot project. Eleven pilot elementary schools developed local teams and worked hard to assess problems and create solutions which make it safe and convenient for children to walk and bike to school.



Walk to School Day in Battle Creek, Michigan

The Michigan Department of Transportation, through the Federal Highway Administration Enhancement Program, funded the project which was housed at the Governor's Council on Physical Fitness/Michigan Fitness Foundation. The pilot project drew heavily on the considerable talents of a state steering committee and coalition that currently includes more than 25 agencies, departments, non-profits, for-profits and elementary school representatives. The coalition meets quarterly to provide oversight, guidance, and capacity for Safe Routes to School initiatives across the state.

Under the guidance of the state coalition, the Michigan Safe Routes to School (SR2S) Handbook was designed and produced. Based on research into national and international best practice models, the Handbook provides materials and procedures to begin and successfully sustain Safe Routes to School. The Toolkit is available in hard copy and will soon be available to download from the Michigan Safe Routes to School website (www.saferoutesmichigan.org). If you are interested in Safe Routes to School for your community, visit the website for more information.

SAVE THE DATE FOR WORLD'S LARGEST PHYSICAL ACTIVITY CLASS

Hundreds of thousands of children from around the world will take part in the world's largest physical education class this May. ACES Day (All Children Exercising Simultaneously) is an annual worldwide event where children join together to be physically active at 10 a.m. on the first Wednesday in May each year.

The Governor's Council on Physical Fitness, Health and Sports has brought ACES Day to Michigan as a free program to all schools, as part of a sponsorship by Farm Bureau Insurance.

Schools can register and find materials to help plan an ACES event at: www.michiganfitness.org.

In 2005, 1,000 Michigan schools participated in ACES Day. This year, the Governor's Council hopes for participation from every county in Michigan.



Sign Up NOW!!
ACES With-a-Friend 2006
Wednesday, May 3, 2006 at 10 a.m.

That's **All Children Exercising Simultaneously**, an international celebration of the importance of physical activity.
Join **1,000 Michigan schools** with more than **400,000 students** who participate!

Register early (even if you participated last year) to assure availability of materials.

Visit www.michiganfitness.org to register and download a **free ACES idea kit!**

For more information, contact the Governor's Council on Physical Fitness, Health and Sports

By phone: 1-800-434-8642

By email: tfraas@michiganfitness.org

By fax: 1-517-347-8145

Sponsored by:



Endorsed or Supported by:

American Heart Association
League of Michigan Bicyclists
Michigan Association for Health, Physical Education, Recreation and Dance

Michigan Council for Maternal & Child Health
Michigan Department of Community Health
Michigan Recreation & Parks Association
Michigan Trails & Greenways Alliance



Eat Better: Spotlight on Detroit Churches

FOOD NETWORK BRINGS NATIONAL ATTENTION TO DETROIT CHURCHES

Home to television's famous chefs and cooking shows, the **Food Network** recently visited two Detroit churches to learn about what they are doing to promote healthy eating in the faith-based community. The show, titled "Faithfully Fit," aired in January 2006 and featured Detroit's Second Baptist and Hartford Memorial Baptist churches. Both churches have been involved in the National Cancer Institute's and American Cancer Society's **Body & Soul** program.

Detroit was among five U.S. cities visited during this "quest for physical, spiritual, and emotional well being." The show also featured the spas of Sedona and religious-based diets.

During the taping last fall, Second Baptist Church hosted a healthy cooking program where Registered Dietitian Marilyn Anderson demonstrated how to prepare a healthy and tasty chicken and fruit salad (see recipe at right).

Congratulations to these two churches for continuing to play an essential role in improving the health of their congregations and their surrounding communities.

Fruity Chicken Salad

Courtesy of Marilyn Anderson

Ingredients:

- 2 Tablespoons non-fat mayonnaise
- 2 Tablespoons fat-free sour cream
- 1/4 cup orange juice
- 2 boneless, skinless chicken breast halves, cooked and cubed
- 1 cup sliced strawberries
- 2 kiwis, sliced
- 2/3 cup canned Mandarin oranges in light syrup, drained
- 8 lettuce leaves
- 3 Tablespoons chopped cashews

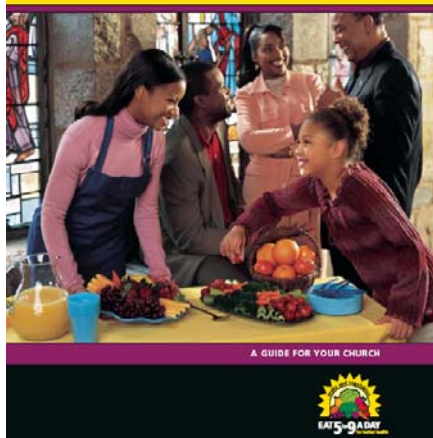


Combine mayonnaise, sour cream, and orange juice in a nonreactive bowl. Add chicken, strawberries, kiwi, and oranges, and toss to coat. Cover and refrigerate for 2 hours. Serve on lettuce leaves, top with cashews.

Makes 4 servings

Body & Soul

A Celebration of Healthy Eating & Living



Body & Soul: A Celebration of Healthy Eating and Living is a wellness program developed for African American churches. The program empowers church members to eat five cups of fruits and vegetables every day for better health. Churches that embrace Body & Soul help their members take care of their bodies, as well as their spirits.

Why Body & Soul?

African Americans are at high risk for many serious and often fatal diseases. These include high blood pressure, diabetes, heart disease and many types of cancer. A diet rich in fruits and vegetables promotes good health and lowers the risk for these illnesses. Eating plenty of fruits and vegetables may be one of the easiest things a person can do to improve his or her health.

Body & Soul congregations embrace and celebrate good health through healthy eating. Participating congregations: Learn how health and spirituality are connected; Feel empowered to take charge of their health; Eat more fruits and vegetables every day; Live healthier in other ways, such as eating less fat and getting more physical activity; and Gain access to vital health information at the church.

For 10 years, African American churches around the country have used this program. Their experiences have helped other churches start strong programs. The **Body & Soul Program Guide** is an implementation guide outlining all of the elements of the program, with planning and educational materials, as well as inspirational stories and ideas from other churches. To order a free copy for your church, call 1-800-422-6237.

Photo credit: National Cancer Institute (2004). Body & Soul: A Celebration of Healthy Eating & Living, A Guide for Running the Program in Your Church. (NIH Publication No. 04-5544). Bethesda, MD.



Be Tobacco-Free: Spotlight on Smoke-Free Communities

THIRTEEN MICHIGAN COMMUNITIES GO SMOKE-FREE

Seven counties and one city in Michigan passed a Smoke-Free Worksite regulation or ordinance in 2005 and 2006 requiring all worksites and public places to implement a 100% smoke-free worksite policy, including: **City of Detroit and Wayne, Marquette, Antrim, Emmet, Otsego, Midland, and Saginaw Counties.**

These communities joined the **City of Marquette, Ingham County, Washtenaw County, Genesee County, and Chippewa County** in protecting employees and patrons of area businesses from the health dangers of secondhand smoke. Not only do 100% Smoke-Free Worksite Regulations protect the public's health, but they also contribute to cost savings for area businesses as well. Several other communities in Michigan are currently working toward passage of a similar regulation or ordinance.

THE MICHIGAN TOBACCO QUITLINE

The Michigan Quitline began providing cessation services to Michigan residents 13 years of age or older who do not have insurance coverage in October 2003. Since then, over 8,000 people have enrolled in the free service. The Quitline took in a record-breaking 1,336 calls in January 2006! The overall 12-month quit rate is 23%, which is higher than the national average.

In October 2004, the Quitline began providing a two-month supply of nicotine patches to uninsured enrollees. The six-month quit rate for those enrollees is 30%.

1-800-480-7848



Using the patch or other nicotine replacement products along with counseling can double the quit rate compared to using the patch alone.

Many people using the patch on their own do not experience the results they expected, either because their expectations were too high, or they were not using the patch correctly. Pairing quitline counseling with medication use helps to resolve both of these problems, leading to greater success for the user.

The Michigan Quitline is available 24 hours a day at 1-800-480-7848. Calls are answered live on Monday through Friday from 8 am to 8 pm. Appointments at other times and on weekends can be arranged. All services are free to Michigan residents.

ATTENTION TOBACCO PREVENTION ADVOCATES: SAVE THE DATE!

Smoke-Free Air Conference



Date: Wednesday July 19-Friday July 21, 2006
Location: Treetops Resort
 3962 Wilkinson Road
 Gaylord, MI 49735
Contact: Orlando Todd, Clean Indoor Air Specialist, MDCH Tobacco Section
 (517) 335-9377



HOW HAS MICHIGAN STEPS UP CHANGED YOUR LIFE?

Read stories from real Michiganians who are taking small steps toward a healthier lifestyle. These individuals have granted us permission to share their story.

If you have been inspired by Michigan Steps Up, please share your experience with us by email at yehc@michigan.gov or call (517) 335-9608. Your story may be included in a future issue of Steps Up-To-Date.

AN INTERVIEW WITH COLOMA RESIDENT JODI DAVIS



Left: Jodi Before
Right: Jodi Today



Jodi Davis of Coloma, Michigan walks at least 1.5 miles every day in rain or shine. This simple activity, paired with eating healthier, has been a major contributor to her overall health improvement and 162-pound weight loss. Feeling great every day is what has inspired Jodi to make Michigan Steps Up part of her daily routine.

Q: How has Michigan Steps Up changed your life?

A: It has helped me become more conscious of my exercise and eating habits. I exercise more (every chance I get) which results in healthier eating. This makes my energy level increase and I feel better about myself: inside and out!

Q: How have you used Michigan Steps Up tools as part of your daily lifestyle?

A: When I am grocery shopping, I think of the food groups more often and the recommendations that are listed on the website. I purchase more fruits and vegetables now, along with whole grain breads and cereals. I also make sure to reward myself with "my time" each day- this includes any form of exercise that I enjoy. Walking is my preference.

Q: How do you resist turning "my time" into "lazy time?"

A: I don't give myself excuses. Even if it is raining out, I will bring an umbrella and still walk. Once you take a walk, you will get hooked. It's also great bonding time! Bring your dog or your friend or your husband. Twenty-one days is a good goal to set for yourself at first.

Q: What do you like most about Michigan Steps Up?

A: It is a daily reminder of what we should be doing to stay or become healthy. I live each day with this lifestyle.

Q: It is not always easy to maintain a healthy lifestyle. What keeps you moving more, eating better, and/or not smoking when times get tough?

A: I actually find it very enjoyable to move more now that I am eating better. I made myself miserable by intense dieting. Instead, I compromise. For example, I have always loved eating before bed, so I will find healthier foods to snack on, such as popcorn. My energy level used to be extremely low when I consumed fatty foods, which, in turn, caused me to be very tired and sluggish. I like my new higher self-esteem! Now I feel great which makes me want to run and jump...just because I can! Life is wonderful now!

Davis achieved her initial goal of losing weight and improving her overall health by simply walking and eating better. Today she continues moving more and eating better daily. Davis believes her weight loss was essential for her health and well-being. "THAT is enough to keep anyone motivated," says Davis.

STAKEHOLDER UPDATE

HIGHLIGHTS FROM THE OCTOBER 14TH STAKEHOLDER MEETING

On October 14, 2005, more than 200 stakeholders gathered at East Lansing's Kellogg Conference Center. At this third Michigan Steps Up stakeholder meeting, participants learned about "Storytelling As Best Practice" from Terrence McNally, Consultant and Speaker of A. Goodman Communications Firm in Los Angeles.



Guest speaker Terrence McNally coaches a storytelling workshop participant

McNally discussed the power of narrative, revealing how stories help us memorize and decide which facts to accept and which to reject. Since narrative provides a way for an audience to understand themselves, he linked good storytelling as a way to educate, persuade or connect with an audience.

McNally's presentation was a big hit with the audience, who had a chance to tell a story about a life experience using the tips they learned. McNally concluded by encouraging stakeholders to collect stories proactively. A storytelling culture can help with preparation of grant proposals, letters, and reports. Overall, storytelling can be a powerful and effective communication tool.

Stakeholders also heard from co-chairs about workgroup progress during the previous year and the next steps they will take. GERALYN LASHER and TIFFANY MENARD of the Michigan Department of Community Health discussed advertising and media relations and encouraged stakeholders to promote their involvement in the campaign and work with local media whenever possible.

10 Questions to Sharpen Your Stories:

Courtesy of A. Goodman Consulting

1. Who's the protagonist?—stories need an individual or group to drive the action.
2. Have you created a world?—people instinctively want to know who, where, when, what, why.
3. What's the hook?—hook the audience by beginning the story in a place where they can identify with the situation or the protagonist's goal.
4. What keeps it interesting?—without obstacles, stories are predictable and boring.
5. Where's the conflict?—there is no drama and little comedy without conflict.
6. Do you have telling details?—a single telling detail can vividly and concisely paint a picture of the world you're describing.
7. Are you tapping emotion?—an audience wants an emotional experience that makes the time worthwhile.
8. Is the meaning clear?—tell people the lesson every few minutes. Make it explicit without "spoon-feeding".
9. Are you showing rather than telling?—show what is happening. Don't tell about it from a "safe distance."
10. Are you speaking in the language of the audience?

HEALTHY SCHOOLS GROUP SAYS GOODBYE TO CO-CHAIR

The Healthy Schools Stakeholder Workgroup recently said goodbye to its co-chair, Carrol Ostendorf, Community Advocacy Director at the American Heart Association Greater Midwest Affiliate.

Ms. Ostendorf's knowledge and leadership capabilities provided valuable guidance to her workgroup, and we will surely miss this amazing individual.

HEALTHCARE PROVIDERS HONORED FOR PREVENTION EFFORTS

Thirteen healthcare providers were recognized for their outstanding performance in promoting healthy lifestyles and disease prevention among their patients.

In her *Prescription for a Healthier Michigan*, the Surgeon General called on health care providers, institutions and organizations, and public health agencies to provide prevention services for all patients, including health promotion and early detection, educate and support patients in maintaining health and self-management of diseases, and play a substantial and sustained role in community efforts to advance or promote healthy lifestyles.

"I am proud of these thirteen healthcare providers and programs for stepping up to promote prevention and support patients in improving their health," said Wisdom.

The honorees demonstrated disease prevention concepts relating to healthy eating, physical activity and a tobacco-free lifestyle. See page 8 for a description of each honoree.



CHAMPIONS OF PREVENTION IN HEALTH CARE

Medical Network One (Rochester) A large physician group that offers an innovative twelve-month obesity program. Through a partnership with the Michigan Institute for Health Enhancement (MIHE), the program provides nutrition counseling to develop treatment programs for diverse populations, incorporating exercise, positive behaviors and meal plans. The results have shown improvement in healthy eating, increased physical activity, and a reduction in body weight.

Saint Joseph Mercy Health Exploration Station (Canton) A 3,500 square foot state-of-the-art educational facility, dedicated solely to health education and health promotion. The Station offers 20 programs on a variety of topics (e.g., nutrition, general health and wellness, family life) to actively engage individuals to learn how to maintain and improve their health. The program is interactive and modeled after game shows to engage school children and encourage their participation. As of May 2005, a total of 100,000 visitors have participated in the program.

Oakwood Healthcare System, School-based Clinic (Wayne-Westland) A partnership with Wayne-Westland Community Schools. This health system has developed a school-based health clinic. Their mission is to improve and maintain the overall health and well being of children and families in the community. The program advocates regular health education in the classrooms, providing information bi-weekly on nutrition, exercise, smoking prevention, cardiovascular health, safety, conflict resolution, dental hygiene and more. Oakwood's Family Practice Residency program provides medical oversight of the clinic and classroom education. There were 1,500 patient visits last year and over 10,000 total visits through December 2005. Post-testing in one kindergarten program showed lesson retention of 86%.

Borgess Corffit, Borgess Medical Center (Kalamazoo) An employee wellness pilot program designed to improve awareness of the factors that can affect employees' health and longevity. The program was piloted in 2003 with 125 employees, assessing overall risk factors. Wellness activities (10K-A-Day walking program, Route 66 to Fitness, Grab-n-Go workshops) were created to address group risk factors. Program participants have lost a total of 1,000 pounds. Future plans include expanding the program to include more employees.

Paul Ehrmann, D.O.—Children's Health Initiative Program (CHIP) (Royal Oak) A program for 3rd and 5th grade students and their parents emphasizing basic exercise and nutrition. A five-week curriculum was piloted in February 2004, including nutrition education by dietitians, learning to plan menus, cooking demonstrations, and a discussion of progress, rewards and feedback. Thirty students and parents completed the pilot and 60 families are anticipated to enroll in the program in 2005/2006.

Joel Bender, Ph.D., M.D.—General Motors Corporation (Pontiac) Responsible for global strategic direction of occupational health programs and policies at General Motors Corporation, including a vital role in the LifeSteps program. LifeSteps is a comprehensive employee health promotion program, offered to over one million GM employees, retirees and family members. The goal is to reduce health risks, increase health-promoting behaviors, and actively influence appropriate use of health services through health risk assessments, healthy eating promotions and demonstrations, reduced fees for health club memberships, smoking cessation interventions, health screenings, and health fairs. From 1996-2003, the participation level in the comprehensive program was 83%, and 65% participated two or more times.

John Coumbe-Lilley, MS, CSCS—Michigan Institute for Health (MIHE) Enhancement (Rochester) Individual, medically overseen nutritional counseling for a variety of chronic disease, including diabetes and congestive heart failure. The organization designs, develops and distributes patient education materials and provides telephone support with nutritional counseling. MIHE provides bi-weekly reports to partners demonstrating the effectiveness of intervention, and patient goals and progress are monitored monthly. A total of 850 patients have been enrolled at three practice sites.

Henry Ford Health System & Health Alliance Plan (Detroit) A diverse health promotion and risk reduction program that provide health screening with counseling for 3,800 employees and 2,700 others. In 2005, a six-week program emphasizing eating more fruits and vegetables was provided to 1,400 employees. The Smoking Intervention Program is available to 700 people per year.

Genesys Integrated Group Practice, P.C. (Flint) Innovative process improvement activities, including a focus on childhood obesity. The practice has a quality improvement process in place to monitor physician compliance with preventive care guidelines and provides improvement plans to physicians who are outliers. Genesys has implemented an Electronic Medical Office which will be upgraded to include health promotion/disease prevention reminders in the future.

Prasad Kommareddi, M.D.—Genesys Health System (Flint) Internal Medicine physician who provides formalized health education programs in his office. He conducts 20 two-hour educational programs for his patients and invites them to attend cardiovascular education classes. Diabetic patients are offered discounted trial memberships to a health club to encourage physical activity.

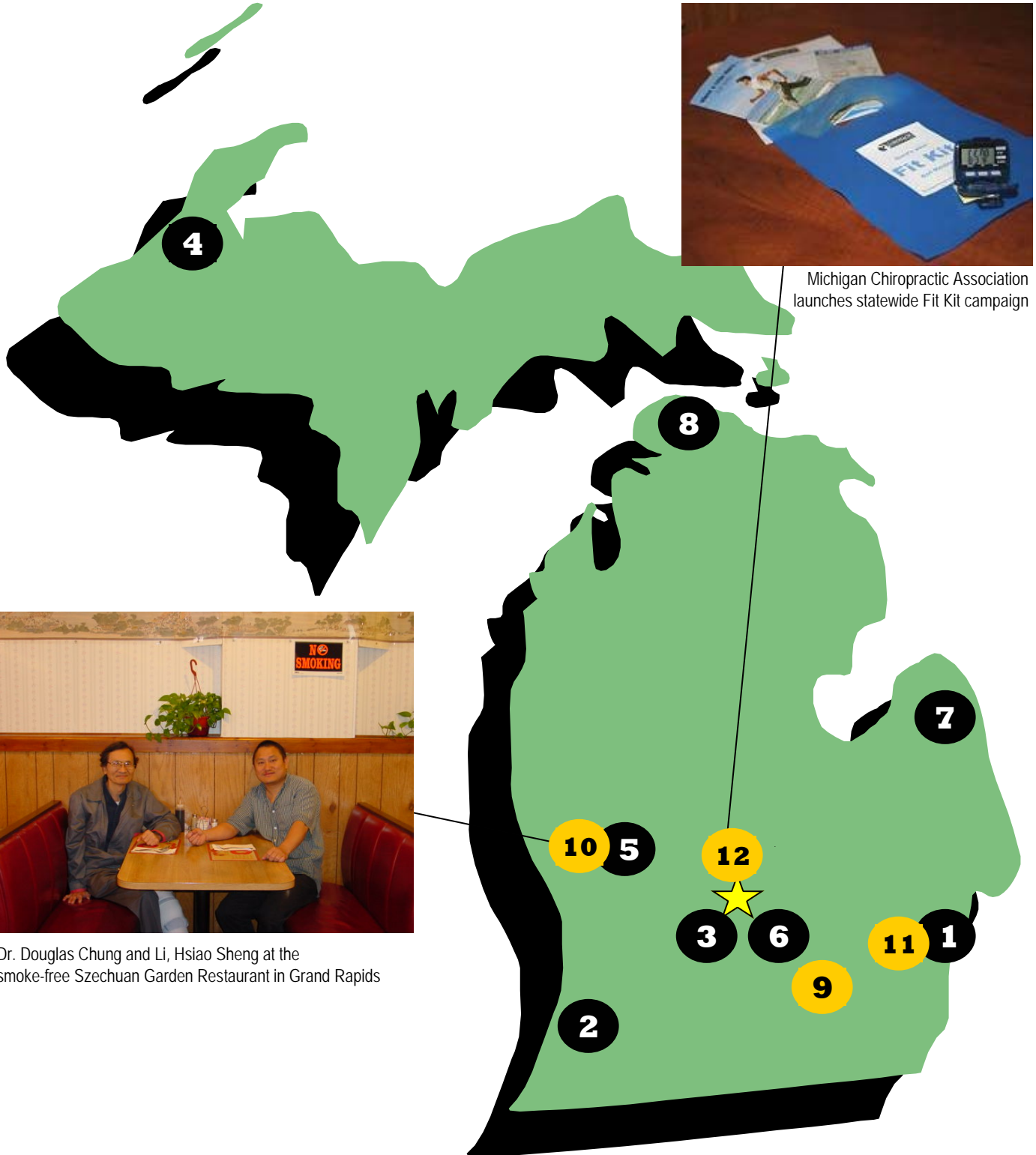
Health Alliance Plan, Weight Wise Program (Southfield) An inspiring, high-energy program used by HAP to help participants adopt healthy habits. This program targets women in midlife and parents of children ages 8-18. HAP supports the momentum of behavior change by providing members tools to stay on track (e-mails/follow-ups). *Weight Wise* has reached 3,200 members. Post-event surveys indicate that 98% of respondents say they will make lifestyle changes as a result of attending the program.

Stacy Leatherwood, M.D.—Healthy Body/Healthy Mind, Henry Ford Health System (Detroit) A pilot program designed for children 9-13 years of age who are overweight or at risk for overweight. The goal is to educate patients and their parents about the benefits of healthy eating, increased physical activity and the health risks associated with obesity. Based on results of the pilot this program has been approved for continuation.

Wendy M. Miller, M.D.—Beaumont Health Kids Program, Beaumont Hospital (Royal Oak) A multidisciplinary obesity program for children ages 3-18. The program involves 12 weekly sessions with rotating faculty including dietitians, behavioral psychologists, and exercise physiologists and Dr. Miller. The program began in 2004 and approximately 100 children and their families have graduated since that time. A manuscript describing the program is under review at a major medical journal.

OUT AND ABOUT WITH MICHIGAN STEPS UP!

See the descriptions on Page 10 corresponding to the yellow numbers below to learn more about healthy lifestyle efforts taking place across Michigan (numbers 1-8 were described in Issue 1). Tell us how your community or organization is stepping up by calling (517) 335-9608 or emailing yehc@michigan.gov.



9 WASHTENAW HEADS TO WASHINGTON

Representatives from the *Smart Growth Washtenaw* workgroup were selected to participate in a *Health Impact Assessment Training Workshop* in Washington DC, February 2-3, 2006, hosted by the National Association of County and City Health Officials.

"It is a great honor for Washtenaw County representatives to be selected to attend and learn how to apply the Health Impact Assessment checklist to local projects," said Sharon P. Sheldon, MPG, Program Manager for the Washtenaw County Public Health department.

The Smart Growth Washtenaw workgroup is excited about the opportunity to increase physical activity across the county through strategies that affect the built environment. After the Health Impact Assessment training workshop, Smart Growth Washtenaw will work closely with planning efforts in the City of Chelsea and a master plan revision scheduled for later in 2006.

10 GRAND RAPIDS ASIAN RESTAURANTS GO SMOKE-FREE

The Asian Center, a Michigan Steps Up stakeholder, has had increased success in assisting several Asian restaurants in the Grand Rapids area to go smoke-free over the past two years. This effort has involved collaboration between the organization and Asian restaurant owners, and has caused social change as new and existing restaurants are continuing to go smoke-free.

"Szechuan Garden has become a smoke-free restaurant, and I personally have quit smoking," said Li, Hsiao Sheng, owner of Szechuan Garden Restaurant located at 1510 Wealthy in Grand Rapids. "After I quit smoking, and made my restaurant smoke free, my health has significantly improved."

11 FORUM TO ADDRESS CHILDHOOD OBESITY IN SOUTHEAST MICHIGAN

The Community Foundation for Southeastern Michigan (CFSEM) convened a forum entitled "*Childhood Obesity: How Do We Address This Epidemic?*" on October 31, 2005 in Dearborn. Experts offered workable solutions to combat childhood obesity in Michigan.

The forum featured a panel of experts including keynote speaker and pediatrician Dr. William Dietz, Director of the Division of Nutrition and Physical Activity in the Center for Chronic Disease Prevention and Health Promotion at the Centers for Disease Control and Prevention; Dr. Ronald Davis, Director of the Center for Health Promotion and Disease Prevention at Henry Ford Health System; and Dr. Kimberlydawn Wisdom, Michigan Surgeon General.

The costs of childhood obesity to Michigan's communities and economy are devastating; however, participants believe this epidemic is preventable. The Community Foundation for Southeastern Michigan is taking action through grants in three major areas:

- 1) More than \$13 million in grants to municipalities and nonprofits to build green trails for recreation;
- 2) More than \$2 million to public charities and institutions to develop strategies to get kids and families active outdoors; and
- 3) More than \$300,000 to develop pilot programs to improve kids' fitness and nutrition, and conduct education and outreach in elementary and middle schools about the importance of children eating well and being physically active.

"We have received terrific feedback on the forum," said Mariam C. Noland, president of the Community Foundation for Southeastern Michigan. "The attendees appreciated hearing from Dr. Dietz, Dr. Wisdom and others about what they can do to help kids be healthy and well."

Noland also praised the media for stepping up on this issue. For example, the Detroit Free Press followed up the forum with a week-long series of editorials highlighting solutions to childhood obesity.

12 MICHIGAN CHIROPRACTIC ASSOCIATION LAUNCHES STATEWIDE FIT KIT CAMPAIGN

The Michigan Chiropractic Association (MCA) recently made available to Michigan residents a two-step wellness "New Year's Resolution" in support of Michigan Steps Up. The *Fit Kit Campaign* promotes a healthy lifestyle and encourages Michiganders to be active and eat healthy. An estimated 2,000 kits were distributed to participating MCA doctors statewide. Fit Kits include health information, pedometers, a guide on how to start on a healthy lifestyle and a listing of free to low-cost local programs in the area to assist people in getting active and healthy. Fit Kit materials also encourage users to create a personal plan on the Michigan Steps Up website. A list of participating providers is available at www.michiganchiropractic.org.

"The Michigan Chiropractic Association doctors are teaching wellness to their patients every day," said Dr. Sam Caruso, President of the Michigan Chiropractic Association. "It was a perfect match for our association to partner with the Surgeon General's Steps Up program."